



NORTHAMPTON PARKS & RECREATION

TEEN EXPEDITIONS



Session 6: July 30 – August 3- Explorers, Unite!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>30</p> <p>ORIENTATION HIKE BARE MOUNTAIN</p> <p>We will begin the week with ice breakers, games, a hike with lunch on top of Bare Mountain, followed by a swim at Musante Beach to end the day.</p> <ul style="list-style-type: none"> <input type="checkbox"/> suitable shoes <input type="checkbox"/> swim gear <input type="checkbox"/> lunch <input type="checkbox"/> water <input type="checkbox"/> bug spray <input type="checkbox"/> sunscreen 	<p>31</p> <p>DAR STATE FOREST FIRE TOWER HIKE</p> <p>We will hike through the State Forest and end the day with a swim</p> <ul style="list-style-type: none"> <input type="checkbox"/> suitable shoes <input type="checkbox"/> swim gear <input type="checkbox"/> lunch <input type="checkbox"/> water <input type="checkbox"/> bug spray <input type="checkbox"/> sunscreen 	<p>1</p> <p>LOOK PARK SWIM @ JFK</p> <p>The morning will start with biking to Look Park, playing group games, some arts & crafts, and finally a lengthy and leisurely swim at JFK to end the day.</p> <ul style="list-style-type: none"> <input type="checkbox"/> suitable shoes <input type="checkbox"/> lunch <input type="checkbox"/> water <input type="checkbox"/> bug spray <input type="checkbox"/> sunscreen <input type="checkbox"/> swim gear <input type="checkbox"/> bike & helmet 	<p>2</p> <p>NOTCH ROPES COURSE</p> <p>We will spend the day challenging ourselves at the Ropes Challenge Course in Amherst.</p> <ul style="list-style-type: none"> <input type="checkbox"/> suitable shoes <input type="checkbox"/> lunch <input type="checkbox"/> water <input type="checkbox"/> bug spray <input type="checkbox"/> sunscreen <input type="checkbox"/> waiver form 	<p>3</p> <p>MT. MONADNOCK ***Departing at 7:45AM***</p> <p>We will be driving up to New Hampshire to hike Mt. Monadnock and eat lunch while looking out at the spectacular view!</p> <ul style="list-style-type: none"> <input type="checkbox"/> suitable shoes <input type="checkbox"/> lunch <input type="checkbox"/> water <input type="checkbox"/> bug spray <input type="checkbox"/> sunscreen

Calendar subject to change. You may call the office after 4:00pm at 587-1040 to check for delays

Please remember that camp is a cellphone-free space